

GIRLS HOCKEY CALGARY

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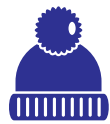
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10 MIN FULL
BODY TABATA



30 MIN
WALK OUTSIDE



5 HOCKEY SPEED
TRAINING DRILLS



MEET TWO GIRLS FROM
YOUR NEW TEAM



20 MIN
CORE BURNER



30 MIN YOGA FOR
HOCKEY PLAYERS



DONATE CLOTHES /
TOYS TO CHARITY



20 MIN LOWER
BODY BURNER



SHARE 3 HOCKEY
GOALS



20 STICKHANDLING
DRILLS



SKATE ON AN
OUTDOOR RINK



SHOVEL NEIGHBOUR'S
DRIVEWAY



INTRODUCE YOURSELF
TO COACH!



STICKHANDLING
TECHNIQUE DRILLS



PLAY STREET
HOCKEY



SHARE INSPIRATIONAL
QUOTE



GO
TOBOGGANING



10 SUN
SALUTATIONS



MAKE A PUMP-UP
PLAYLIST



10 MIN
CORE BURNER



15 MIN
FULL BODY



IDENTIFY 2 STRESS-
RELEASE STRATEGIES



BUILD A
SNOWMAN



SHOOTING TECHNIQUE
DRILLS



FIND 5 INSPIRATIONAL
FEMALES ONLINE